

RUBELLA VACCINATION

What is Rubella?

- Rubella (or German Measles) is an infectious viral disease.
- Symptoms include mild fever, rash, runny nose, conjunctivitis, aching joints and swollen lymph nodes.
- It is spread by droplets from the nose and mouth or direct contact.
- Rubella infection in early pregnancy can cause serious birth defects including heart defects, deafness or miscarriage.

Planning a Pregnancy?

- It is important for all women who are planning a pregnancy to know if they are protected against rubella.
- A blood test to check your immunity can be done by your local doctor or at your clinic appointment.

How is Rubella Prevented?

- The best protection against rubella is through vaccination with **the MMR (measles, mumps, and rubella) vaccine**.

When should the MMR vaccine be given?

- The vaccine is very safe. It is a 'live vaccine' however, which means it is not recommended in pregnancy. The MMR vaccine will therefore be offered to you after your baby is born or before you become pregnant.
- It is advised waiting for four weeks following the vaccine before becoming pregnant. Should you become pregnant during this time, please inform your doctor or midwife.

How do you get the MMR vaccine?

- Talk to your clinic doctor or midwife.
- The vaccine is available at **Monash Immunisation:** Private suite I Jessie MacPherson, Level 2. Phone: 9594 6320

Opening Hours: 8:30 am to 4 pm: Monday to Friday.

No appointment necessary

Cost: The MMR vaccine is a **free** vaccine for women who are planning pregnancy and for women after birth that have a low or negative immunity.

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